

REVIEWS



BOOKS

Reviewed by Duncan Roads,
Catherine Simons & Ruth Parnell

TOXIC PSYCHIATRY

Drugs and Electroconvulsive Therapy: The Truth and the Better Alternatives

by Peter Breggin

Published by Fontana, UK, 1993

ISBN 0 00 637803 X

RRP: \$19.95, 578 pages, soft cover

What an astounding book!

There is no convincing evidence to support the claims of the medical-pharmaceutical establishment that 'mental illnesses'—such as schizophrenia, depression, manic-depression, panic disorder, obsessive-compulsive disorder or attention deficit disorder—are physical or genetic and can be cured by drugs or ECT.

The truth is that while these treatments fund, justify and lend medical authority to the psychiatric industry, millions of people—schoolchildren, housewives, the elderly, etc.—are not being told that the 'miracle' cures they are being prescribed are much less effective and more dangerous than they realise.

Peter Breggin, MD, an eminently qualified psychiatrist, draws on scientific research to expose in detail, and with care-

fully documented evidence, what the potentially damaging effects are that the patients of psychiatry are not being informed about.

ARKTOS—THE POLAR MYTH IN SCIENCE, SYMBOLISM, AND NAZI SURVIVAL

by Joscelyn Godwin

Published by Phanes Press, USA, 1993

ISBN 0 933999 46 1

RRP: \$28.00, 260 pages, soft cover

Available: Aztlan Mail Order Books (see ad on page 61), or Sydney Esoteric Bookshop (see ad on page 59).

This amazing book is the first ever written about the archetype of the Poles—celestial, terrestrial, North and South. It takes us through the esoteric accounts of a mythical Golden Age and explores the many tales of an ancient Arctic race.

Arktos covers research into past and possible future tilts of the earth's axis, and the causes of planetary catastrophes.

Professor Godwin explores the origins of modern neo-Nazi ideology, its 'polar' inspiration, and links with other occult myths—Hitler's survival, German bases in Antarctica, UFOs, the Hollow Earth, and the hidden kingdoms of Agartha and Shambala.

His thesis is scholarly and responsible in approach, and his extensive bibliography is a rich resource for polarphiles. Fascinating reading for the curious!



THE AUSTRALIAN SCHOOL OF MACROBIOTICS COOKBOOK

by Roger Green

Published by The Australian School of
Macrobiotics, 1992

ISBN 0 646 08172 1

RRP: \$29.95, 150 pages, spiral bound
Available: MCF, PO Box 57, Glebe,
NSW 2037. (Add \$2.00 for postage.)

If you are into macrobiotics, or want a simple introduction to macrobiotics, then this is the book for you.

The bulk of the book is recipes. There are recipes in there that I am going to use,

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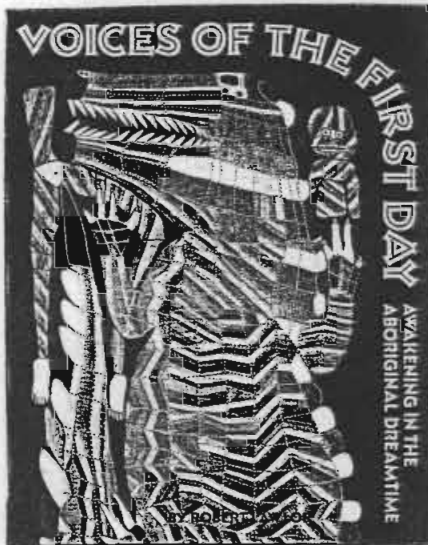


especially the fish ones.

For those new to macrobiotics, or those needing a brush up on theory, technique and practice, you will find the introduction most useful.

The recipes are gleaned from a combination of over a dozen well known Aussie cooks, so you are guaranteed an excellent range of culinary feasts.

Read, eat and enjoy.



VOICES OF THE FIRST DAY Awakening In The Aboriginal Dreamtime

by Robert Lawlor

Published by Inner Traditions, 1 Park Street, Rochester, VT 05767, USA, 1991

ISBN 8 89281 355 5

RRP: \$30.00, 412 pages, soft cover

Available: Sydney Esoteric Bookshop (see advert on page 59).

This is by far the best book I have ever seen on the subject of Aboriginal culture.

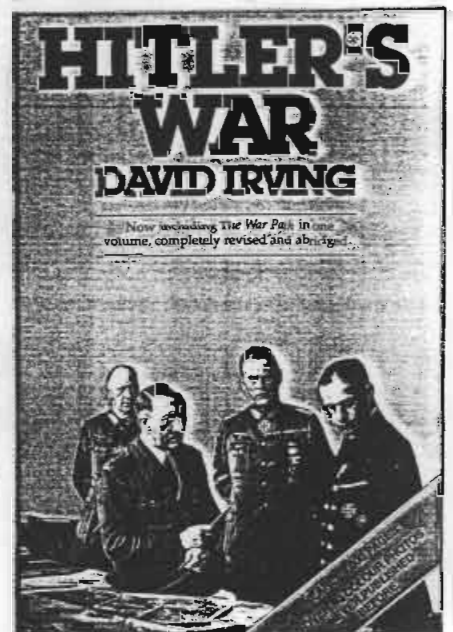
It is very hard, if not impossible, for the western mind to totally grasp the concepts and culture of one of the most ancient races alive today—but *Voices of the First Day* goes a long way to achieving it.

More than just a rational appraisal of the subject, this book takes you there. After reading this book I realised that the topic of Aboriginal 'culture' and 'history' cannot be explained: it almost has to be felt, or

experienced, in order to be comprehended.

For those who do appreciate the rational world, though, do not be discouraged. Author Robert Lawlor regularly brings in scientific discoveries and principles—things like 'sacred geometry' pop up and give a balanced perspective which really helps our culture understand their culture.

Every Australian should read this book: it contains much that you won't learn at school or university. Be warned, though: reading this book will give you a whole new attitude towards the Aboriginal people—one which is long overdue.



HITLER'S WAR

by David Irving

Published by Focal Point, London, UK, 1991

ISBN 1 872197 10 8

RRP: \$60.00, 857 pages, hard cover

Available: Veritas Publishing Co. Pty Ltd, PO Box 42, Cranbrook, WA 6321 (add \$5.00 postage when ordering).

In some countries this book is classed as a textbook and is compulsory reading, while other countries are trying to ban it.

The book gives a very different picture of Hitler and WWII, from that of the Hollywood movies. It does not apologise for Hitler or his actions; it merely reports on the facts, and in many cases the author digs up facts which are not popular with the establishment.

It is said that the winners write the histo-

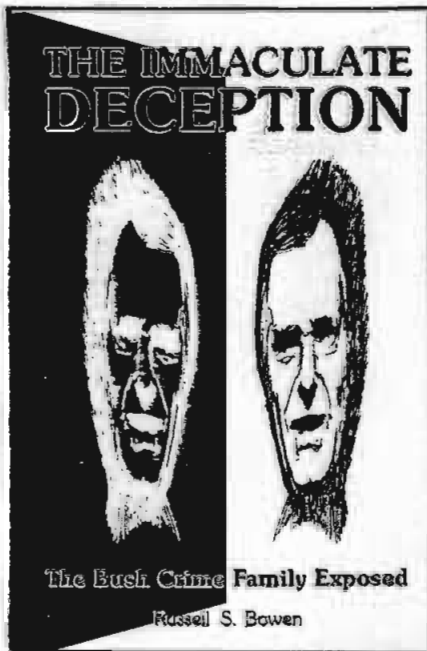


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ry books, and when one tries to research WWII and its key players, there is little to choose from in terms of unbiased research or writings—except for David Irving.

His research is meticulous and infallible. The rare documents, manuscripts and photographs he has unearthed through his painstaking endeavours are accessible to any other researcher.

There you have it. If you ever wanted an unbiased history of World War II, *Hitler's War* is a must-read book.



THE IMMACULATE DECEPTION The Bush Crime Family Exposed

by Russell S. Bowen

Published by America West Publishers,
PO Box 2208, Carson City, Nevada
89702, USA, 1991

ISBN 0 922356 80 7

RRP: \$26.00, 210 pages, soft cover

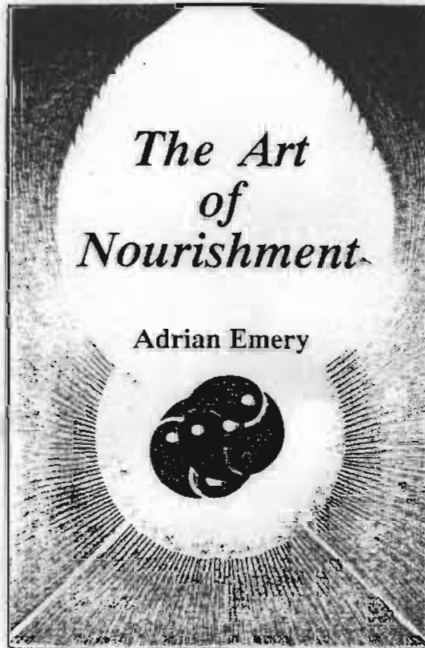
Available: Sydney Esoteric Bookshop
(see advert on this page).

This disturbing and thought-provoking exposé is written by Ret. Brigadier General Russell S. Bowen, who has come forward with the truth about his association with the OSS (Office of Security Services) and his 'drug running' activities on behalf of the the 'secret' government—which involves the highest US leaders, and which few Americans know anything about. (The OSS was the forerunner to

the CIA.)

The most startling details are revealed regarding Bowen's secret work, including his work under the orders of President George Bush himself.

I can assure you that the information in this book will surprise even the most paranoid conspiracy readers among you!



THE ART OF NOURISHMENT

by Adrian Emery

Published by Blackhead Ink Publishing,
Hallidays Point, NSW, 1993

ISBN 0 646 14328 X

RRP: \$19.95, 206 pages, soft cover

Available from the publisher (see ad
on p. 65) and major book/health stores.

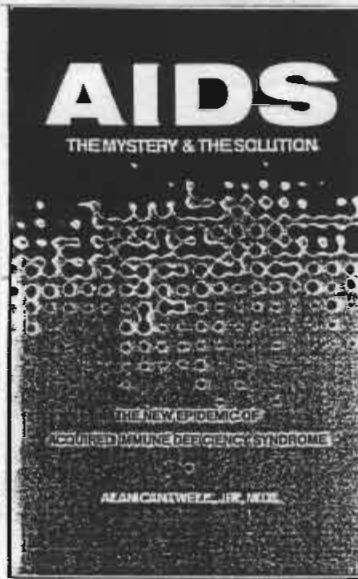
This is more than just another health food cookbook. Don't get me wrong; the recipes in this book are fantastic and among the best health recipes I've come across, but as the title—*The Art of Nourishment*—suggests, there is more than just food involved in this book.

Indeed, it goes beyond the physical in a refreshingly practical and non-preaching way.

It is a book that can be read and used on many levels: a cookery book, a Zen manual on the art of living, or an alchemical treatise for awakening the light within us all.

Excellent book!

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AIDS—THE MYSTERY & THE SOLUTION

by Alan Cantwell, Jr, MD
Published by Aries Rising Press, LA,
USA, 1992

ISBN 0 917211 16 2

RRP: \$18.95, 167 pages, soft cover
Available: Practical Books, 361
Orrong Road, Kewdale, WA 6105.

Doctor Alan Cantwell, MD, is a dermatologist and internationally-known scientific researcher in the field of cancer microbiology. He is the author of more than 30 published scientific papers on cancer and other immunologic diseases, which have appeared in leading national and international medical journals.

This revolutionary and easy-to-read book examines the real and frequently suppressed truth about the epidemic of AIDS.

Subjects covered include 'Gay' cancer; Kaposi's Sarcoma, and how it has been raging in Africa for the past century; the connection between AIDS and cancer, the most likely germ that causes AIDS—a microbe that most medical doctors and scientists have yet to discover; the relationship between so-called 'Gay' cancer and 'regular' cancer—and why both diseases may be caused by the same infections microbe; and why all human beings may be susceptible to this disease.

Everyone who is researching AIDS, HIV, cancer, etc., should read this book!

THE CANCER CURE THAT WORKED—Fifty Years of Suppression

by Barry Lynes

Published by Marcus Books, Ontario,
Canada, 1992

ISBN 0 919951 30 9

RRP: \$22.00, 167 pages, soft cover
Available: Sydney Esoteric Bookshop
(see advert on page 59).

This book is also subtitled *THE RIFE REPORT*. Royal R. Rife was born in Nebraska, USA, in 1888, and was one of the greatest scientific geniuses of the 20th century. He began researching a cure for cancer in 1920, and by 1932 he had isolated the cancer virus. He learned how to destroy it in laboratory cultures, and went on to cure cancer in animals.

Working with some of the most respected researchers in America, he electronically destroyed the cancer virus in patients, allowing their own immune systems to restore health. During follow-up research, Rife was able to calculate the precise electrical frequency which destroyed individual micro-organisms responsible for cancer, herpes, tuberculosis, and many other illnesses.

The Cancer Cure That Worked is an amazing piece of investigative research into the history, the discoveries, the inventions, and the incredible cover-ups surrounding this extraordinary man.

This is another must-read book!

At last you can read — **THE RIFE REPORT**

THE CANCER CURE THAT WORKED!

**FIFTY YEARS OF
SUPPRESSION**

Written by
BARRY LYNES

Special section on the **AIDS** connection

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NOSTRADAMUS NOW Prophecies Of Peril And Promise For The 1990s and Beyond

by Joseph Robert Jochmans
Published by Sun Books, USA, 1993
ISBN 0 89540 191 6

RRP: US\$32.00 + US\$4.00 postage
Available: Sun Publishing, PO Box
5588, Santa Fe, NM 87502, USA.

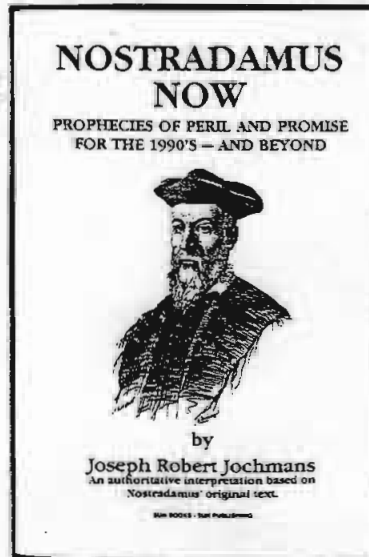
Many interested in prophecy and prediction will know J. R. Jochmans' portentous 1980 work, *Rolling Thunder: The Coming Earth Changes*. His new text, *Nostradamus Now*, is no less prophetic.

Dr Jochmans, a world-renowned scholar of Nostradamus, the sixteenth century French mystic and seer, has analysed the famous quatrains from the original Middle French, and interpreted them in the light of his accumulated knowledge of astrology, ancient myth, the planetary grid system, occult magic and wisdom.

According to Dr Jochmans, the greater majority of unfulfilled prophecies for the 1980s appear only to have been delayed. Lessons avoided in the last decade have now become accentuated and amplified.

The author has included alternate future time-lines of both worst-case and best-case prophetic scenarios from 1993 onwards. As both Nostradamus saw it and Dr Jochmans interprets it, we can, if we so desire, completely short-circuit the

prophecies of 'doom and gloom' and go directly to the Age of True Peace. Do we have the courage to listen and to create the kind of future we would like?



PASTEUR PLAGIARIST IMPOS- TOR!—The Germ Theory Exploded!

by R. B. Pearson
Reprinted by Veritas Press, Qld, 1993
RRP: \$19.95 (including postage)
Available: Veritas Press (see advert on
page 58).

The thing I like the most about this book is that it exposes one of medicine's greatest heroes as a fraud and plagiarist!

We are all taught how wonderful Pasteur and his germ theory is, but the real genius of the story, Béchamp, is completely written out of our historical and medical literature.

It just so happens, however, that Béchamp's discoveries would shatter the germ theory, a theory upon which untold millions of dollars are spent in medicines and research.

This is a rare and recently reprinted book which outlines the history of what actually occurred in Pasteur's and Béchamp's time.

Béchamp's research showed clearly that there exist very small living particles, which he called 'microzymas', from which all bacteria could be derived. His research implied that there are no diseases as such, only disease conditions. Pasteur took elements of Béchamp's research and from this 'invented' the germ theory.

Originally published in 1942, this book also contains invaluable data on the subject of vaccinations, as well as research from other scientists of that period that supported Béchamp's theories.

Congratulations to Veritas Press for finding such a remarkable book and making it available!

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VIDEOS

THE SEARCH FOR TRUTH IN HISTORY

with David Irving
Duration: 90 mins (PAL VHS)
RRP: \$35.00 (audio tape \$10.00)
(prices include postage)
Available: Veritas Publishing Company
Pty Ltd, PO Box 42, Cranbrook, WA
6321. Phone: (098) 268 055. Fax:
(098) 268 051.

This is the video they tried to ban. When you see it, you'll know why.

I think it is outrageous that a man is banned from entering a country because of his views of history. It is even more outrageous when that particular man is one of the western world's most acclaimed and respected researchers.

People might disagree with what he says, and they are entitled to do so, but one thing stands out irrefutably: his research is impeccable, and none dare challenge him on it. Instead, we get a lot of emotional rhetoric from critics who try to prevent others from gleaning another point of view.

As you know, unless you were on the Moon at the time, David Irving was banned from entering Australia earlier this year as a result of pressure from

certain minority groups.

The tour organisers then decided to arrange video showings of one of Mr Irving's talks. These, too, came under intimidation, and most were cancelled due to lack of available venues.

This particular video lecture by David Irving deals with that most unsavoury chapter of WWII, "the Holocaust".

What can one say?—the information in this video is worth considering

I know many people like me became more suspicious as a result of the attempts to gag David Irving.

It is high time to publicly debate some of the points raised in this video.



UFOs & THE EARTH GRID SYSTEM

with Bruce Cathie
Duration: 180 mins (PAL VHS)
RRP: \$50.00 (including postage)
Available: Colin Wardrop, PO Box
490, Edge Hill, Qld 4870. Phone: (07)
53 3141.

In January this year, researcher and author Bruce Cathie was invited to address a gathering at the Northern Light Farm in far north Queensland.

On this video, Bruce discusses the formulation of a series of unified equations, and theorises that all of physical reality which is tangible to us, is formed from basic geometric harmonies, or Harmonics.

He explains Harmonics as resonating wave-forms which blend one with the other, thus forming the physical structures of the Universe..

He also discusses UFOs, the Earth's Grid system, Gravity/Anti-gravity, Time, Free Energy research, and also how some of this information can be applied to agriculture.

Bruce Cathie is the author of several 'hard-to-get' books, including *Harmonic 33*, *Harmonic 695: The UFO and Anti-gravity*, *Harmonic 288: The Pulse of the Universe*, and *Harmonic 371244: The Bridge to Infinity*. We highly recommend anything with Bruce Cathie in it!



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AUDIO

Reviewed by Richard Giles

JUNGLE WALK

by Tarshito

RRP: \$15.00 (cassette), \$25.00 (CD)
(plus \$2.00 postage)

Available: Knerbles Music, PO Box 794, Mullumbimby, NSW 2484, phone (066) 84 2350; selected music stores.

Wow! NEXUS goes Afro-Latin! After a hard day at the computer screen, interfacing with the latest cover-ups uncovered, you'll need to rest the brain, let your body rhythms take over, and this'll be the tape to do it with.

"Jungle Walk" is the intro track on the first side—a 15-minute-long groove in the jungle. The sounds of elephants, monkeys and birds emerge, then combine with an infectious elephant-walk tempo. Flutes and saxes accompany the animals.



Other tracks include "Mumbo", a relaxing melodic float; "Glow Qwela", with the birds and the night rhythms; "Heart", a light samba sound; and "Latin Adventure", another longer guitar piece with harmonies weaving in and out of the birds and the flowing water in the hidden jungle depths. It's a very relaxing Latin tempo tape that would go well in anyone's collection.

Tarshito is an amazingly prolific Australian musician living on the north coast of NSW. He has nine other tapes out, ranging from Latin to Eastern to Ambient.

He won the North Coast Music Industry Award in 1991 for the production work on *Jungle Walk*. His music is exciting, versatile and very easy on the ear. Tarshito is an Australian talent worth supporting.



RESONANCE

by Ray Osborne

Produced by Emotive Sounds

RRP: \$19.00

Available: Spectrum Access, 18 Sodar Street, Toowong, Qld 4066, phone (07) 870 0055.

If you have used a number of relaxation tapes to assist you attune to your body or your chakras (the energy centres of the body), then you'll find this one refreshingly different.

Informed by a naturopath friend that each chakra has a specific musical resonance, Ray Osborne set about composing pieces of music around the resonant pitch of each of the seven main chakras. He experimented with his own body, and the feeling produced by the sounds, to put the whole together.

Each piece lasts about 4 minutes, and Side 1 gives about 30 minutes of music. Side 2 is a 3-part relaxation piece designed to help the listener to progressively relax.

Resonance can be used with massage, tai chi, yoga or even just as an accompaniment to your evening relaxation time after a long day. I found the chakra music very good both for special meditation, and for just lying around and enjoying the sounds. Another excellent Australian production from the northern NSW region.